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Chethan Ram P
 Assistant Hockey Coach,
 Sports Authority of India,
 NSNIS Patiala, Punjab, India

Analysis of cardiovascular endurance among hockey trainees

Chethan Ram P

Abstract

Cardiovascular endurance is one of the major factors in performance of hockey. The purpose of the study was to analyse the cardiovascular endurance among hockey trainees. For these purpose 15 regular male hockey trainees from STC of SAI, Patiala was selected as subjects. The age ranged from 17 to 19 years. Beep test was used to measure the cardiovascular endurance of the selected subjects. Statistical technique mean and std. deviation was performed to analyze the data.

Keywords: Cardiovascular endurance, hockey

Introduction

Cardiovascular endurance is one of the important ability in sports to give good performance without any undue fatigue. It is the capacity of cardiovascular system (heart, lungs and vessels) to supply the oxygen to the working muscle and at the same time it is the ability of the working muscle to use oxygen to produce movement efficiently. Cardiovascular endurance of a sports person is depends on his aerobic capacity, it can develop through proper training.

Carolyn Gillespie (2015)^[1], Fitness in the game of field hockey is just as important as passing and receiving, scoring, tackling, making saves and playing well. Fitness is key to your success both in the short and long term in playing this sport, and importantly, it helps you maintain a healthy and active lifestyle, helping to minimize and prevent injuries.

Objective the study

The objective of the study was to analyse the cardiovascular endurance of the hockey players.

Methodology

The purpose of the study was to analyze the cardiovascular endurance among hockey players. For these purpose 15 regular male hockey trainees from STC of SAI, Patiala was selected as subjects. The age ranged from 17 to 19 years. Beep test was used to measure the cardiovascular endurance of the selected subjects.

Statistical technique

Descriptive statistics mean and std. deviation was performed to analyze the data.

Results

The purpose of the study was to analyse the cardiovascular endurance among hockey players.

Table 1: Shows the mean and std. deviation of cardiovascular endurance ability of hockey players.

Variable	N	Minimum	Maximum	Mean	Std. Deviation
Cardiovascular Endurance	15	8	14	10.47	1.77

The table-1 depicts that the mean and std. deviation of cardiovascular endurance of the male hockey trainees was 10.47 and 1.77 respectively. Minimum is level 8 and maximum is level 14. Then according to the norms of Beep test the cardiovascular endurance capacity lies between 10-12 levels, the male hockey trainees had shows the good cardiovascular endurance.

Correspondence
Chethan Ram P
 Assistant Hockey Coach,
 Sports Authority of India,
 NSNIS Patiala, Punjab, India

Conclusion

Within the limitations of the study, it may be conclude that the cardiovascular endurance of the male hockey players was good. Cardiovascular endurance is the ability of heart and lungs to take in and to transport adequate amounts oxygen to the working muscles for activities (that involve large muscle masses), to be performed over long periods of time. (Fox *et al.*, 1993) ^[2].

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